



# Spring 2020

## Opportunities for Older Adults to Learn, Grow and Connect

Living & Exploring, Technology, Arts & Entertainment, Exercise & Wellness



Registration begins NOW with receipt of this catalog.

*Sponsored by*



Register Today! ■ CALL 317-396-3751 ■ VISIT [OasisIndy.org](https://OasisIndy.org)



## Dear Indianapolis Oasis Members,

Happy New Year! In this issue you can delve deeply into intriguing academic subjects or enjoy lighter classes on a variety of fun topics. Visit landmarks, out-of-the-way places of intrigue, learn some culinary tips and partake in delicious cuisine. Keep updated on health, finance and technology. Be sure to engage in volunteer opportunities that capitalize on your years of learning, expertise and GIVE back to the community.

Great things are happening at Indianapolis Oasis. We are excited to announce the changes in our registration process and class pricing for 2020. We are moving to a transparent pricing model and removing the \$15 processing (registration) fee. Later this year we will have more great opportunities and benefits for our Oasis members – so stay tuned for more details.

Please join us this spring. Share our excitement, sign up for classes and explore the many learning opportunities we have designed especially for today's generation of mature adults. Invite your friends and neighbors to join you.



*Indianapolis Oasis Team*

# Welcome to Oasis

## About us

Welcome to Oasis, where older adults satisfy their curiosity about the world around them in a unique learning community of over 26,000 members. Oasis has been serving the greater Indianapolis community for over 25 years. Enjoy stimulating conversation, challenging learning and interaction with your peers, Oasis will keep your mind fresh and help you make new acquaintances.

## Membership

As a non-profit organization, Indianapolis Oasis relies on donors, grants and program revenue for financial support. Membership is free to adults 50 years and older.

## Registration

You must be a member of Oasis to register for any classes, trips or special events unless otherwise stated. You may register in person when applicable, mail-in using the registration form included in the catalog or online. Note: You must have an email address to create your own MyOasis account in order to do online registration. Visit [www.OasisIndy.org](http://www.OasisIndy.org)

## Refunds

Classes: All class fees are non-refundable unless Oasis fills the vacancy from a wait list. In event of a refund, a \$5 processing fee will be charged. Oasis cannot transfer class fees to other classes, members or Oasis locations. If Oasis cancels a one-session class or all sessions of a series class, the class fee will be refunded upon request. Refunds over \$15 will be refunded back to your credit card or check refund. Amounts of \$15 and less will be in the form of a credit on your Oasis account.

## Severe Weather

Any Oasis cancellations due to severe weather will be announced on WISH TV before 9 am in the morning.

**You may also call Oasis at 317-396-3751 and listen to the voicemail message for details.**

**Please Note:** In the event that one session of a multi-session class (such as a six-week exercise class) is cancelled due to severe weather, Oasis will make every attempt to reschedule that missed session. However, when this is not possible due to program schedules and space or instructor availability, there will not be a refund. **Fees charged for multi-session classes are not pro-rated per individual session.**

## Waiver of Liability

When registering for any Oasis activity, all members must sign a waiver of liability holding Oasis and Oasis sponsors faultless in the event of personal injury or accident.

## Wait List

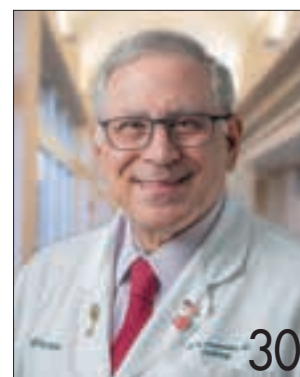
If a class you want is filled, please put your name on the wait list. If you are placed on a wait list, please do not attend unless you are contacted by Oasis. When moved from a wait list, participant will need to fill out a registration form and pay any applicable fees.

## Guests/Pets/Service Animals

Anyone who wishes to attend or observe an Oasis class must be an Oasis member and pay any applicable class fees. Children cannot be accommodated unless they are registered for intergenerational offerings. Pets are not allowed at any Oasis class/event/trip. Service animals are always welcome.



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Call us **317-396-3751**

Visit us **OasisIndy.org**

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## Indianapolis Oasis Board of Directors

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**Angela Pellman**

*Program Manager*

**Kirsten Fredericks**

*Matter of Balance  
Coordinator*

**Barbara King**

*Intergenerational  
Tutoring Coordinator*

**Curtis McManus**

*Aging Mastery  
Program Coordinator*

# Oasis Locations

## North/Central Campus

### Broad Ripple-Flanner Buchanan

1305 E Broad Ripple Ave  
Indianapolis, IN 46220

### Indy Parks-Broad Ripple Family Center

1550 Broad Ripple Ave  
Indianapolis, IN 46220

### Arthur Jordan YMCA

8400 Westfield Blvd  
Indianapolis, IN 46240

## West Campus

### Indianapolis Healthplex

3660 Guion Rd  
Indianapolis, IN 46222

## East Campus

### Washington Park Center

10800 E Washington St  
Indianapolis, IN 46229

### Benjamin Harrison YMCA

5736 Lee Rd  
Indianapolis, IN 46216

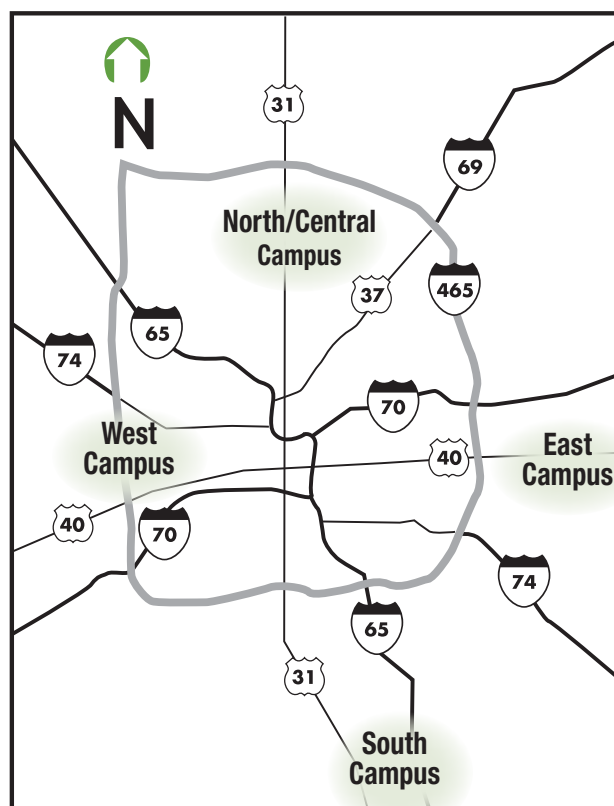
## South Campus

### First Baptist Church Greenwood

99 West Main St  
Greenwood, IN 46142

### Arthur R. Baxter YMCA

7900 Shelby St  
Indianapolis, IN 46227



## Oasis Sponsors and Community Partners



# Living & Exploring

## 2020 Scams – Be Prepared and Keep Safe

*Diane Dove, Community Outreach Manager for the Better Business Bureau*

We all know about the scam phone calls, emails and texts that target consumers daily. But do you know about the BEC scam, puppy scam, or the free trial subscription scam? Join us for a discussion on the trending scams that many people have never heard of.



*Diane Dove serves as Community Outreach Manager for the Better Business Bureau (BBB) serving Central Indiana. She joined BBB's staff nearly 30 years ago and held several consumer facing positions. Throughout the years, Diane has become an expert when it comes to*

*protecting consumers from dishonest businesses. In her current role, she empowers our community to become informed consumers through educational programming, strategic partnerships and social media.*

### 100 Broad Ripple-Flanner Buchanan

Thursday Feb 20 1:00–2:00

Free

### 300 Washington Park Center

Monday Mar 30 1:00–2:00

Free

### 500 Indianapolis Healthplex

Wednesday Feb 26 1:00–2:00

Free

### 700 Baxter YMCA

Monday Mar 23 10:00–11:00

Free



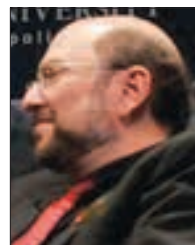
Like us on  
Facebook

Facebook.com/OasisIndy

## Are We in a Constitutional Crisis?

*Pierre M. Atlas, Ph.D.*

"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America." Join us for discussion and conversation!



*Pierre Atlas is a Professor of Political Science and Director of The Richard G. Lugar Franciscan Center for Global Studies at Marian University, and he writes a monthly opinion column for the Indianapolis Business Journal. He obtained his Ph.D. in Political Science from*

*Rutgers University and holds master's and bachelor's degrees in Political Science from the University of Arizona and the University of Toronto, respectively.*

### 501 Indianapolis Healthplex

Thursday Apr 16 1:00–2:30

Fee: \$20

## Broad Ripple Village – History and Walking Tour

*Alan Hague*

Interested in the history of our more than 180-year-old Village? Join *The Broad Ripple Gazette* editor, Alan Hague, for a two-part class on Broad Ripple Village.

**Session one:** Learn the history of the village that includes the sites we will see on the walking tour.

**Session two:** Join Alan for a 90-minute walking tour (leisurely) of Broad Ripple Village to see original structures still a part of everyday life and a stop along the way for lunch at 3 Sisters Café. This 1896 Victorian house serves both vegetarians and meat lovers alike with a Southern spin. You may have seen the café featured on *The Food Network's Diners, Drive-in and Dives* with host Guy Fieri.

### 1300 Broad Ripple-Flanner Buchanan

Wednesday & Friday Apr 15–Apr 17

10:00–11:00

Fee: \$38 2 sessions

## CPR – The American Heart Association Family and Friends

*Kristen Rogers, Occupational Therapist*

Instructor will provide basic introductions to certain skills for assisting adults to infants in emergency situations. The class includes instructions on CPR, the use of an AED and will address what to do in a choking crisis. Class fee includes a CPR booklet and a course completion card. An opportunity to try some hands-on skills will be available during class.

**>>NOTE:** course is a non-certification class

### **103 Broad Ripple-Flanner Buchanan**

Tuesday Feb 11 10:00–12:00

Fee: \$32

### **303 Benjamin Harrison YMCA**

Monday Mar 23 10:00–12:00

Fee: \$32

### **703 First Baptist Church Greenwood**

Monday Mar 30 10:00–12:00

Fee: \$32

## Capital City Critters Tour

*Katie Gibson*



This walking tour will introduce you to beautiful architecture, public art, and the art of observation by challenging YOU to find the animals and mythological creatures that are surprisingly prevalent in Indianapolis's downtown architecture. Learn about the historical figures represented in public sculpture. Afterwards head to Maxine's Chicken and Waffles for lunch. It all started in a place called Love Town in 1939, when Maxine Redmon met Ollie Bunnell. This meeting brought forth a union and a life that started in a house built by Maxine's grandfather. He built the house on the south side of Indianapolis in the late 1890's, and in this house would be the place Ollie and Maxine would raise their family – and "oh what a family."

**>>NOTE:** Meet at the Abraham Lincoln statue in University Park at the NW corner of New York and Pennsylvania Streets. Walking tour is approximately 75 minutes and docent led.

### **1301 Downtown Indianapolis**

Friday Apr 10 11:00

Fee: \$42

CALL LAURA OR MARSHA TO SCHEDULE A TOUR  
317.823.6841

## Live like you want to live.

Whether your style is a traditional ranch home, cozy cottage home or luxury apartment, Westminster Village North has a wide range of independent living options to suit your lifestyle needs. Imagine all the comforts of maintenance free living, located in a vibrant community offering convenient services, top-notch medical care, and a variety of social activities. *For more information visit WestminsterVillage.com or call 317.823.6841 to schedule a tour.*

A Continuing Care Retirement Community  
11050 Probyshire Dr. | Indianapolis, IN 46236  
317.823.6841 | WestminsterVillage.com



# Oasis Volunteer Opportunities

## Opportunities for you to Get Involved in Your Community

No matter what your skills or interests, Oasis has a volunteer opportunity for you. Engage others by volunteering for Oasis and you will enrich yourself!

### Locations

North Central	West
East	South



### Volunteers needed for

Community Outreach  
Computer Data Entry  
Desk/administrative  
Program Development

### Volunteer Orientation

Join Oasis to learn more about volunteer opportunities. **Please contact Angela Pellman at 317-396-3751 to schedule an orientation.**

## Matter of Balance

This award-winning program reduces the fear of falling and increases activity level.

The program utilizes volunteer coaches to teach the eight two-hour sessions. Learn more about this program and how to become a volunteer coach and or volunteer for behind-the-scenes support.



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Call Kirsten Fredericks at 317-396-3751 or email [kfredericks@oasisnet.org](mailto:kfredericks@oasisnet.org)**

## Aging Mastery Program (AMP)

The program utilizes volunteer facilitators for meeting discussion as well as administrative support in managing data and data entry. Learn more about this program and how to become an AMP volunteer.

**Call Curtis McManus at 317-396-3751  
or email [cmacrph@gmail.com](mailto:cmacrph@gmail.com)**



**Aging  
Mastery  
Program®**

*National Council on Aging*



## Coffee Conversations

Jessica Heimbold

Join Jessica Heimbold, Conservatory Naturalist, and discover more about this drink that is enjoyed by so many. Program will include the history of coffee and how it's made, samples of different varieties of coffee, and a chance to see the Conservatory's own coffee tree.

### 1302 Garfield Park Conservatory

Thursday Mar 12 2:00–3:00

Fee: \$20

## From Seed to Store – CBD

*The late, great Henry Ford once said that “quality means doing it right when no-one is looking.”*

When it comes to CBD oil, that means three things: First, sourcing the finest high-CBD hemp seeds in the world. Second, growing those seeds in organic soil – no contaminants allowed. Third, finding farmers to nurture the seeds into first-class hemp plants. Join us and explore the Denver CBD Store & Café. You will learn about the Denver Difference from Seed to Store. Refreshments will be served.

### 1319 Denver CBD & Café, Fishers

Monday Apr 6 1:00–2:30

Fee: \$20

## MyOasis – Welcome

Barbara Bluiett



Let's explore the new Oasis website and online Oasis class registration. Learn the *where* and *how* to register for classes. Set up your MyOasis account in this session. Must have an email address.

### 114 Broad Ripple-Flanner Buchanan

Tuesday Jan 21 10:00–11:00

Free

## Jim Shella Presents: The Current Political Landscape

Jim Shella



Join Jim Shella, retired political reporter and Hall of Fame broadcaster, for an analysis of the current political landscape. Discuss current politics and the 2020 elections.

### 104 Jordan YMCA

Thursday Apr 9 1:00–2:00

Fee: \$20



## The Wit and Wisdom: Kurt Vonnegut Museum and Library Tour



Join Oasis and learn about renowned author Kurt Vonnegut. An Indianapolis native, he took an unflinching look at the

world, tempered with a satirical eye and sardonic sense of humor. Experience Vonnegut through his literary, artistic, and cultural contributions. The library and museum serve as a cultural and educational resource unique to the nation. Afterwards enjoy a box lunch and continue the conversation.

### 1313 Kurt Vonnegut Museum & Library

Friday Mar 27 10:00–11:30

Fee: \$38

## Lunch and Learn: Cremation – Learn Why It’s Popular and Options Available.

Maureen Lindley

Learn about why cremation is increasing in popularity and the many options that you have.

**>>NOTE:** Open to the community. Lunch provided by Flanner Buchanan. Pre-registration required.

### 508 Indianapolis Healthplex

Thursday Mar 26 1:00–2:00  
Free

## Lunch and Learn: In 48 Hours – 150 Questions to Answer

Maureen Lindley

Did you know that within the first 48 hours of a death there are over 150 decisions that have to be made? Join us for this pre-planning workshop as we start to address many of these questions. You will leave this workshop with a solid plan for your funeral needs.

**>>NOTE:** Open to the community. Lunch provided by Flanner Buchanan. Pre-registration required.

### 109 Broad Ripple-Flanner Buchanan

Thursday Mar 12 1:00–2:00  
Free

## Lunch and Learn: UIndy Mayoral Archives

UIndy's Institute for Civic Leadership & Mayoral Archives uniquely blends past, present and future. Founded in 2011, the Institute houses the archives of innovative mayors Richard Lugar, William Hudnut III, Stephen Goldsmith, Bart Peterson and Greg Ballard, and also is a hub for conversations about vital issues in civic life. See the materials in UIndy's Mayoral Archives including documents, correspondence, news clippings, video, audio, photographs and artifacts. The collection contains more than 600 archival cartoons that shed light on everything from routine city operations to major historical developments. Enjoy lunch on campus after the presentation and archive tour.

### 1314 University of Indianapolis

Monday Apr 13 10:00–11:30  
Fee: \$32

## Man-Devil in the Midwest: Rape, Murder, and Justice in the 1870s

James Fuller, PhD

Serial killers are not new, but have been part of American society for generations. In the post-Civil War era, a charming former soldier became known as 'The Man-Devil in the Midwest,' as he carried out a series of assaults and murders on young women across Kentucky, Indiana, and Ohio. The grisly tale of his crimes brings together the politics of the Civil War and Reconstruction with society's views of gender relations with ideas about justice. University of Indianapolis historian James Fuller is co-authoring a book about this serial killer and shares the awful details as well as interpretations and speculations about how to explain the story.



*Dr. Fuller's primary research interest is 19th century America, especially the Civil War, Southern history, Indiana history and Evangelical Protestant Christianity. He is a professor of History at the University of Indianapolis.*

### 110 Broad Ripple-Flanner Buchanan

Wednesday Apr 8 1:00–2:30  
Fee: \$20

## Marginalized Peoples in The Saint John's Bible

Mark Reasoner

In this presentation, we will look at how the theologians and artists of The Saint John's Bible sought to include marginalized peoples in their illuminated Bible. We will see how women and people from those groups that Europeans have traditionally called "minorities" figure in the illuminations of this Bible.

### 512 Indianapolis Healthplex

Thursday Mar 12 1:00–2:30  
Fee: \$18

## Spring Home Tour

Laura Roman

Join the Stroud's and Wasnidge's as they welcome spring and YOU. Our Westminster Village North tour guide will take you on a home tour of two of our Oasis members' homes and more. Enjoy a short visit and refreshments.

**>>NOTE:** Space is limited.

### 1306 Westminster Village North

Friday Apr 24 1:30–2:45

Free

## They, Them and Their Homeless – Trinity Haven

Jenni White, Founding Executive Director  
Trinity Haven

**Session 1:** Join us for a conversation about Trinity Haven – Indiana's first and only home for LGBTQ (lesbian, gay, bisexual, transgender and queer/questioning) youth ages 16-21 who are experiencing homelessness. Come learn more about this vulnerable population, what Trinity Haven has in store for them, and how you can help.

**Session 2:** Join us for a tour of Trinity Haven, Indiana's first and only home for LGBTQ youth ages 16–21 who are experiencing homelessness. See the space, ask questions, and learn about the need for this brand new transitional housing program for our city's most vulnerable youth. Box lunch will follow the tour.

**Did You Know?** Approximately 75 youth who identify as LGBTQ are experiencing homelessness every single night here in Indianapolis. *Every night.*

### 115 Broad Ripple-Flanner Buchanan

Tuesday/Thursday Feb 18/21 1:00–2:00

Fee: \$28

## Cooking for One or Two – From Winter to Spring

Chef Rick



Learn new recipes and how to cook for one or two people. In this class we will feature recipes that will reflect the transition from winter to spring. We

will be making a soup for those cold spring days, a quiche that can be served along with the soup and a salad with spring vegetables. The simple menu items are packed with flavor and are always very healthy for you. You will not be disappointed. Join us at Rick's Cooking School and enjoy a culinary delight.

### 1307 Rick's Cooking School

Monday Mar 9 1:00–2:30

Fee: \$28

## So You Want to Be a Tutor?

Barb King

Attend a spring informational tutoring session! Receive an overview of the program, samples of literacy curriculum materials and have an informal question and answer opportunity.

**>>NOTE:** This session is not a replacement for tutor training. This serves as a brief introduction to the tutoring program.

### 513 Indianapolis Healthplex

Tuesday Apr 14 9:30–10:30

Free

## So, What's Your Story? – Memoir Writing

Steve Tearman

'Your Story' is a collection of clear memories, fuzzy memories, and maybe slightly made up ones with a twist or two to make them more entertaining or revealing. In this class, you will learn how to gather your thoughts and memories to piece together a story that tells of your adventures or misadventures. Discover hidden treasures that give your story character and a vitality you hadn't thought possible. Everyone's story is different and paints a unique picture of who you are, were or wish to be.

### 116 Jordan YMCA

Tuesday Mar 10–Mar 31 1:00–2:30

Fee: \$28 4 sessions



# Intergenerational Tutoring

## Local Area Children Need You!

Be a part of something special! You can change a life by working one-on-one with a child who needs your help with reading skills. The Oasis Intergenerational Tutoring Program is a proven nationally recognized 6-part program that gets results.



## So You Want to Be a Tutor?

Attend a spring informational tutoring session! Receive an overview of the program, samples of literacy curriculum materials and have an informal question and answer opportunity.

**>>NOTE:** This session is not a replacement for tutor training. This serves as a brief introduction to the tutoring program.

### **513 Indianapolis Healthplex**

Tuesday Apr 14 9:30–10:30

Free

### **Tutor in a school district near you!**

Brownsburg

Greenwood

Hamilton Southeastern

Lawrence

Pike

Washington Township

Warren

## The Love Letter – Tom Coverdale

The love letter didn't come first. But the love letter is what mattered most. A piece of paper with words scrawled out by a 22-year-old college basketball player to his mom. The message in that letter is the thing Tom Coverdale has the hardest time talking about.

Join Tom Coverdale for conversation as he shares his family's journey with Alzheimer's.

### 518 Indianapolis Healthplex

Tuesday Mar 17 10:00–11:00

Fee: \$7



*Tom Coverdale was a basketball player born in Noblesville, Indiana and played for Indiana University. Coverdale was an Indiana high school basketball legend and was named Indiana Mr. Basketball in 1998. Coverdale was a guard for IU from 1999-2003, where he accumulated over 1200 points and 500 assists.*

## The Physician: Civil War Nurse Susie King Taylor

Jim Ben

Born into slavery, and taught to read in secret, Mrs. Taylor escaped at age 14. During the Civil War she worked for the Union forces as a teacher, laundress and nurse. Timepiece Theatre's one-woman theatrical performance will focus on Taylor's wartime experiences, and the follow-up discussion will explore diseases, medicine and surgical methods of the 19th century.

### 117 Jordan YMCA

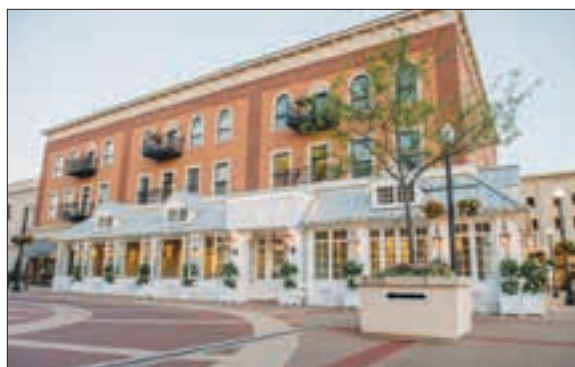
Thursday Mar 12 1:00–2:30

Fee: \$20

### 517 Indianapolis Healthplex

Wednesday Mar 4 1:00–2:30

Fee: \$20



## Take the Cake and Eat it Too!

Join us for a visit to The Cake Bake Shop at the new Carmel City Center location. The iconic Cake Bake Shop is all dressed-up and ready to host you. Enjoy a sweet surprise! See a cake decorating demonstration led by the head decorator accompanied by a delightful lunch while learning about owner Gwendolyn and her story. This one-of-a-kind adventure in the sparkling shop is the perfect way to spend a spring day. Space is limited. Register early.



*Since her shop opened in 2014, Gwendolyn Rogers has been recognized for the following: Oprah's Favorite Things 2019 for her Blueberry and Maple Walnut Crumb Cakes. Gwendolyn's Mint Chocolate Chip Cake has been featured on Oprah Winfrey's famous 'O' List in*

*the April 2018 edition of The Oprah Magazine. Her shop was awarded 'Best of Indy-2018' 'Best of the Midwest-2017' by Midwest Travel Magazine, the winner for 'Best Bakery' in Indiana by Indy's A-List'-2017 & 2016 and more.*

### 1312 The Cake Bake Shop

Thursday Apr 23 1:00–2:30

Fee: \$62

## Severe Weather

Any Oasis cancellations due to severe weather will be announced on WISH TV before 9 am in the morning. You may also call Oasis at 317-396-3751 and listen to the voicemail message for details.



## The DigIndy Tunnel System

*Citizens Energy Group*

Join Citizens Energy Group for a presentation on the DigIndy Tunnel System. Learn about the 28-mile-long network of 18-foot diameter deep rock tunnels being built 250-feet beneath the city.

### 118 Broad Ripple-Flanner Buchanan

Tuesday Apr 14 10:00–11:00

Free

## The Secrets of Indy's Parks and Unusual Outdoor Spaces

*Ashley Petry*

Do you know which Indy park is so unknown that even the Parks Department isn't sure of its name? Which park is allegedly haunted, and which hosts an annual gnome festival? Why does Indy have a park in a highway median? Local writer Ashley Petry, the author of *Secret Indianapolis: A Guide to the Weird, Wonderful, and Obscure*, will share the stories behind Indy's oddest and least-known parks and outdoor spaces, including a public rooftop garden, a meditation grove, a key archaeological site, and a calming campus retreat.

There will be a book signing following the presentation, with books available for purchase.

*Secret Indianapolis* (\$20), *100 Things to Do in Indianapolis Before You Die* (\$15), or a bundle of both books for \$30.

### 119 Jordan YMCA

Tuesday Apr 7 1:00–2:00

Fee: \$18

**Give the gift that will keep giving all throughout the year.**



**A gift certificate to Oasis** opens the door of opportunity to new friends, new adventures and so much more!

For more information call **317-396-3751**.

## The Urgency of Civil Conversations

*Katherine Tyler Scott*

Divisive and hostile rhetoric makes constructive dialogue with those with whom we differ difficult, if not impossible. The ability to listen and learn from others when discussing controversial issues is challenging and more important than ever. It affects relationships with family members, colleagues and friends and places the health of our democracy at risk. This presentation will introduce a process and resources that can constructively deal with the deep divides in today's highly charged political climate; improve the quality of communication; enable the achievement of shared understanding, focus on the common good, and strengthen democracy.

### 520 Indianapolis Healthplex

Wednesday Mar 25 10:00–11:30

Fee: \$7

## Voices of the 21st Century: Bold, Brave and Brilliant Women Making A Difference

*Elaine Voci, PhD*

*Voices of the 21st Century* is a collaborative book that brings messages of hope, faith, and love. It is dedicated to empowering women to authentically express themselves, build a thriving livelihood, and contribute to the transformation of the lives of their clients, communities, and the larger world.

**Your Life Can Be A Light** – Drawing from Voci's chapter in *Voices of the 21st Century*, she describes how her Italian grandparents profoundly influenced her core values to care for others with kindness and compassion, and shaped her life's work as a teacher, writer, life coach, and life-cycle celebrant.

Class fee includes book signed by Elaine Voci, author of the chapter "Your Life Can Be A Light."

### 121 Jordan YMCA

Thursday Apr 2 1:00–2:00

Fee: \$28

### 521 Indianapolis Healthplex

Wednesday Apr 1 1:00–2:00

Fee: \$28



## Take the Journey to Downsizing and Enjoy Life

Laura Roman

There are key times when people decide to downsize from their homes: retirement, children leaving home, the loss of a spouse, etc. Learn tips on how to begin the process. Be ready to enjoy the next part of life's journey. ***This class is brought to you by Oasis sponsor Westminster Village North.***

### 122 Broad Ripple-Flanner Buchanan

Tuesday Mar 17 10:00–11:00

Free

### 322 Washington Park Center

Monday Mar 9 10:00–11:00

Free

## Do You Know When Your Loved One Needs More Care

Laura Roman

Caring for the medical needs of your spouse or loved one can be overwhelming and very stressful. How do you know when is the right time to seek home care services – or seek an assisted living community? What do you need to consider as you make this transition? Discuss and discover answers to these questions and more during this presentation. ***This class is brought to you by Oasis sponsor Westminster Village North.***

### 523 Indianapolis Healthplex

Wednesday Apr 22 1:00–2:00

Free

## Will Your Assets and Income Last a Lifetime?

Carol Sears

If you are like most people, you are hoping, guessing, or just trusting that your assets and income will cover your expenses safely and comfortably though your lifetime. Come to this class and learn how to evaluate your personal financial situation – assets and expenses – and feel more comfortable knowing all is well, what to change, or how to change. Evaluating

yourself financially is something everyone should do periodically and this class will give you the tools to do just that. This is not the typical finance class. No products or solutions, but tools and tips to help you.

### 124 Broad Ripple-Flanner Buchanan

Tuesday Mar 24 1:00–2:30

Fee: \$15

### 524 Indianapolis Healthplex

Thursday Mar 19 1:00–2:30

Fee: \$15

## Do it Your Way – Take Charge of Your Future

Carol Applegate

When thinking about your future, what is the one thing that keeps you awake at night? We need to feel empowered to make informed, confident choices during the process of aging, which can often be overwhelming. This time is filled with financial, medical and emotional challenges. It's important to face these challenges with clear decision making, well thought out planning, and confidence. This session will help you learn how to plan for aging with dignity – having the best care possible through all your care transitions. Explore how to choose your advocates and build your “team” and take charge of your future.



*Carol Applegate is a family mediator, registered nurse, and an experienced elder law attorney. The combination of her nursing and legal experience has given her insights into the family challenges faced by many. Her background assists her in providing a more holistic approach when dealing with families in crisis and planning for the future.*

### 105 Broad Ripple-Flanner Buchanan

Tuesday Mar 31 10:00–11:00

Fee: \$7

### 505 Indianapolis Healthplex

Thursday Mar 5 1:00–2:30

Fee: \$7

## Lunch and Learn

The Lunch and Learn program is a casual and relaxed luncheon that we hold at your Oasis location. Our pre-planning specialists bring together about 25 people at a time who are interested in learning more about pre-arranging or pre-funding their funeral. The groups are small, the setting is relaxed, and the presentations are easy to follow and understand. Questions are encouraged throughout the program.

During our short presentation (30 minutes or so), visitors get a great lunch and have a chance to ask any questions that come to mind. The group setting often sparks new questions and leads to new topics of conversation — ideal for getting the most out of a short time to meet.

Afterwards, those in attendance can go home and consider whether pre-planning is right for them, or if they have more questions to ask our pre-planning specialists.



You and a guest are invited to RSVP for our upcoming Lunch and Learn.

Open to the community.

Lunch provided by Flanner Buchanan.

See page 8 for class information.

## Did you know we have a special savings offer just for our Oasis Members?



**Bruce W. Buchanan**  
*Fourth-Generation Owner*

Flanner Buchanan is proud to sponsor Oasis, an incredible organization that continues to elevate and enrich the quality of life of men and women in our community. Thank you for bringing generations together through education, activity, and friendship.

As a thank you to Oasis members for all that you do, we are offering a special discount on services at Flanner Buchanan. Call us today at (317) 387-7000 to learn more.

We invite you to Experience New Traditions with us.

*Experience New Traditions*

# Computer Technology

## Facebook Advanced – I'm on Facebook, Now What?

Barbara Bluiett

In this class, we will explore how to create and share photo albums; learn how to create Life events; learn to use Facebook for messages and chat; learn how to create a Facebook group; and learn about Facebook Pages for businesses and brands.

**>>NOTE:** This is not a class for beginners. You must already be on Facebook, bring your own laptop or iPad, fully charged, along with passwords, etc. It will be necessary for you to access your own Facebook page.

### 561 Indianapolis Healthplex

Thursday Apr 2 10:00–11:30

Fee: \$35

## Exploring Google

Barbara Bluiett

Google is a leading search engine which helps you locate information on the Internet. In this short course, we will take a look at some of the things that you can do with Google: using various Google search methods, generating news, maps, calendars and so much more. This is a demonstration/lecture.

### 160 Jordan YMCA

Thursday Mar 19 1:00–2:00

Fee: \$30

### 760 Baxter YMCA

Monday Mar 16 1:00–2:00

Fee: \$30

## Insta Cart & Other Delivery Services


Barbara Bluiett

Learn about delivery services and the options available. Shop produce, household items, and fresh foods. Forget spending gas money and standing in line. Start saving time today! This is a demonstration/lecture.

### 163 Broad Ripple-Flanner Buchanan

Tuesday Apr 14 10:00–11:00

Fee: \$30




A confident connection

If today's devices seem confusing, Digital You® by AT&T has the answers. We'll help you make sense of today's technology so you can enjoy it to the fullest - including how to stay connected with family and friends.

AT&T's Digital You® will help you learn how easy mobile technology can be.

To learn more about Digital You®, please visit [digitalyou.att.com](http://digitalyou.att.com)



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## Gee Whiz! Mail – Exploring Gmail

Barbara Bluiett

Are you a Gmail user? Explore some of the more advanced features of this very popular free web mail program. **>>NOTE:** This is a demonstration/lecture, not a hands-on computer class and is for advanced beginner and intermediate level computer students who know how to carry out basic email tasks in Gmail.

### 562 Indianapolis Healthplex

Tuesday Mar 10 10:00–11:30

Fee: \$35

## Mac Time

Kevin Flaherty

Need help with your Mac! This class is for you. Presenter will share his own experiences and help you learn how to:

- Customize your Mac desktop wallpaper and screen saver options (i.e.: display a new photo every 10 seconds, etc)
- Download new Apps (also how to see what Apps you have)
- Maintain most popular Apps in 'Dock' on desktop
- Create new folders; how to move documents into and out of folders
- 'Mark' photos with people's names, etc
- Discover Facetime and/or Skype
- Learn basics of Keynote (PowerPoint), Numbers (Excel), Pages (Word)

**>>NOTE:** Bring your own Mac laptop or iPad, fully charged, along with passwords, etc.

### 364 Ft. Ben YMCA

Monday Apr 6–Apr 20 10:00–11:30

Fee: \$65 3 sessions

## Password Manager

Barbara Bluiett

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? This class will show you how to really ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the

most popular apps on your desktop and mobile device. **>>NOTE:** Bring your own laptop or iPad, fully charged, along with passwords, etc.

### 365 Ft. Ben YMCA

Monday Mar 30 10:00–12:00

Fee: \$40

## Using Your Android Phone

Barbara Bluiett

Learn how much space apps take-up and how to delete and/or restore them, learn how to download new Apps (and how to see what Apps you have). This is a demonstration/lecture.

### 167 Broad Ripple-Flanner Buchanan

Tuesday Apr 21 10:00–11:00

Fee: \$30

## What's in Your iCloud and How to Manage it

Barbara Bluiett

What is in your iCloud. How to access and manage the data. **>>NOTE:** Bring your laptop fully charged and your Apple password.

### 168 Broad Ripple-Flanner Buchanan

Tuesday Apr 28 10:00–11:00

Fee: \$30

## Windows 10 – Let's Learn the Basics

Barbara Bluiett

If you have a new computer you are probably using Windows 10 or perhaps you have downloaded Windows 10. Your computer must be using Windows 10, be totally charged and you must be familiar with computer basics including how to turn it on and use the keyboard. **>>NOTE:** Bring your laptop fully charged and any passwords.

### 169 Broad Ripple-Flanner Buchanan

Tuesday Mar 24 10:00–12:00

Fee: \$40

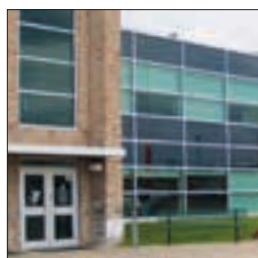
### 769 Baxter YMCA

Monday Apr 6 1:00–3:00

Fee: \$40

# partnerships • locations • classes

Oasis is collaborating with community partners and expanding our programs. Discover a focus on arts and humanities and MORE. We are energized as we think about all the ways we will learn, grow and connect. Register for classes today!



## South

### Arthur R. Baxter YMCA

7900 Shelby St  
Indianapolis, IN 46227

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Exploring Google . . . . . **pg. 15**  
Windows 10 – Let's Learn the Basics . . . **pg. 16**  
Line Dance. . . . . **pg. 23**



## East

### Benjamin Harrison Center

5736 Lee Rd  
Indianapolis, IN 46216

CPR The American Heart Association Family and Friends . . . . . **pg. 5**  
Mac Time. . . . . **pg. 16**  
Password Manager. . . . . **pg. 16**



## North/Central

### Arthur Jordan YMCA

8400 Westfield Blvd  
Indianapolis, IN 46240

Jim Shella Presents: The Current Political Landscape. . . . . **pg. 7**  
So, What's Your Story? Memoir Writing . . . **pg. 9**  
The Physician: Civil War Nurse  
Susie King Taylor . . . . . **pg. 11**  
The Secrets of Indy's Parks and Unusual Outdoor Spaces. . . . . **pg. 12**  
Voices of the 21st Century: Bold, Brave and Brilliant Women Making A Difference. . . **pg. 12**  
Exploring Google . . . . . **pg. 15**  
Indiana Florals – Petal Pressing. . . . . **pg. 18**  
Healthy Food Choices For Women's Health. . . . . **pg. 29**



## Jewish Community Center

6701 Hoover Road  
Indianapolis 46260

Aquajoints – Sampler . . . . . **pg. 24**  
Aquajoints Water Aerobics – Arthritis Foundation Aquatics Program at the JCC . . . . . **pg. 24**



Bring a Friend, have a discussion, be a partner, a motivator and a carpooler.  
**Register Today!**

# Arts & Entertainment

## Indiana Florals – Petal Pressing

*Marcy Dodson*

Join us as we learn different techniques to help you save the blooms from your spring garden. As you create, learn more about Indiana florals. Pressing, pounding and printing with pretty petals!

**180 Jordan YMCA**

Tuesday Apr 14 1:00–3:00

Fee: \$18

**580 Indianapolis Healthplex**

Wednesday Apr 15 1:00–3:00

Fee: \$18

## Roses are Red, Violets are Blue, Valentines are Waiting for You!

*Marcy Dodson*

Join us and learn about valentines and see samples of the Indiana State Museum collection! Then create Valentine cards for the special folks in your life. Tips will be provided to make unique cards and the rest of the time is yours to create! Take home all you create. Supplies and instruction included in the class fee.

**382 Washington Park Center**

Tuesday Feb 11 1:00–3:00

Fee: \$18



## Watercolor

*Jo Belmont*

This class is for the student artist who has some watercolor experience and wants to improve and sharpen their painting skills. Instructor will discuss and demonstrate techniques and methods as well as critique and assist. During the class we will build on techniques and explore painting a variety of subject matter as well as color mixing and developing color charts. Class will also include discussion of composition as well as the elements and principles of design. We will work toward developing a finished painting by the end of the course.

**>>NOTE:** Supply list will be included on your confirmation letter upon registering for this class.

**383 Washington Park Center**

Tuesday Mar 10–Apr 21 1:00–3:00

No class 3/31

Fee: \$96 6 sessions

## Our Mexican Adventures – Ceramic Masks and Watercolor Paintings & Lunch

*Jo Belmont*

Join us and explore south of the border for history, culture and original artwork. Instructor will bring pieces from Mexico for a show and tell. The second session will feature Mexican cuisine at Mariscos Costa Brava Restuarante (3837 N. High School Road) with our host, International Marketplace Executive Director Mary Clark.

**584 Indianapolis Healthplex**

Wednesday Mar 11–Mar 18 1:00–3:00

Fee: \$48 2 Sessions



## Oasis Orchestra

Shannon Crow

Share the joy of playing your musical instrument with other Oasis members. The orchestra is designed to accommodate musicians of varying skills. Each session includes instruction, individual and group coaching, ranging from music theory to professional performance. New musicians welcome!

### **386 Washington Park Center**

Monday Feb 3–Mar 2 10:30–12:00

Fee: \$50 5 sessions

### **387 Washington Park Center**

Monday Mar 16–Apr 13 10:30–12:00

Fee: \$50 5 sessions

## Oasis Orchestra Presents – Spring Concert

Shannon Crow

Enjoy a live performance showcasing our own Oasis Orchestra as they perform a selection of favorites. Open to the Community. Pre-registration is required.

### **388 Washington Park Center**

Monday Apr 13 11:00–12:00

Free

## From our friends at Westminster Village North

### The Arts at Oasis – Storytelling Arts

Join Oasis for two special events featuring Storytellers Regi Carpenter and Kate Campbell. In partnership with Storytelling Arts receive discounted tickets EXCLUSIVE to Oasis members. Enjoy receptions sponsored in part by Oasis Sponsor Westminster Village North.



Westminster  
Village North

### Where There's Smoke, There's Dinner by Regi Carpenter



Stories of a Seared Childhood is told by Regi Carpenter. Regi is the youngest daughter in a family that pulsates with contradictions: religious and raucous, tender but terrible, unfortunate yet irrepressible. These honest

tales, some hilarious, some heartbreaking, celebrate the glorious and gut-wrenching lives of four generations of Carpenters raised on the Saint Lawrence River in upstate New York.

*Last Date of Sales: Jan 18, 2020*

### **10 Indiana History Center**

Saturday Feb 8 7:00

Fee: \$10

### Stories That Sing featuring Kate Campbell



Kate Campbell is a Southern singer-songwriter, who writes and sings memorable folks songs infused with undercurrents of Delta blues, folk, pop, and country that originate from a musical landscape spanning the less-traveled back roads from Nashville to Muscle Shoals to Memphis.

*Last Date of Sales: Feb 17, 2020*

### **8 Indiana History Center**

Saturday Mar 14 7:00

Fee: \$10

# partnerships • locations • classes

Oasis is collaborating with community partners and expanding our programs. Discover a focus on arts and humanities and MORE. We are energized as we think about all the ways we will learn, grow and connect. Register for classes today!



## West

### Indianapolis Healthplex

3660 Guion Rd  
Indianapolis, IN 46222



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Are We in a Constitutional Crisis? . . . . .	pg. 4
Do It Your Way Take Charge of Your Future. . . . .	pg. 13
Lunch and Learn: Cremation Learn Why It's Popular and Options Available. . . . .	pg. 8
Marginalized Peoples in The Saint John's Bible . . . . .	pg. 8
So You Want to Be a Tutor? . . . . .	pg. 9
The Physician: Civil War Nurse Susie King Taylor . . . . .	pg. 11
The Urgency of Civil Conversations . . . . .	pg. 12
Voices of the 21st Century: Bold, Brave and Brilliant Women Making A Difference. . . . .	pg. 12
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The Doctor Is In: Respiratory Decline from Chronic Obstructive Pulmonary Disease . . . . .	pg. 30
Healthy Food Choices For Women's Health . . . . .	pg. 29
Hearing and Health: How Are They Connected? . . . . .	pg. 31
Plant-Based Diet for Heart Health . . . . .	pg. 29
Understanding Alzheimer's and Dementia. . . . .	pg. 31



Bring a Friend, have a  
discussion, be a partner, a  
motivator and a carpooler.  
Register Today!

# Ticketed Events

## Epilogue Players Present

### **Getting Sara Married by Sam Bobrick**

A comedy by Sam Bobrick and directed by Veronique Duprey. Sara is an unmarried lawyer in her mid-thirties, much too busy to get involved in romance. Her Aunt Martha has decided to find Sara a husband. Unfortunately, her method of doing it amounts to having the perspective groom bopped over the head and brought to Sara's apartment.

*Last Date of Sales: Jan 31, 2020*

#### **1 Hedback Corner**

Friday Feb 21 7:30

Fee: \$13

#### **2 Hedback Corner**

Sunday Feb 23 2:00

Fee: \$13

### **Dr. Cook's Garden by Ira Levin**

A suspense melodrama by Ira Levin and directed by Ed Mobley. A chilling suspense melodrama, the play is concerned with an idyllic New England town and the kindly doctor who would keep it that way – by any means necessary.

*Last Date of Sales: Apr 3, 2020*

#### **3 Hedback Corner**

Friday Apr 24 7:30

Fee: \$13

#### **4 Hedback Corner**

Sunday Apr 26 2:00

Fee: \$13

## Storytelling Arts

### **A Story about Madam C.J. Walker told by Deborah Asante**

*Sharing Hoosier History Through Stories: A Story about Madam C.J. Walker* told by Deborah Asante. Deborah has researched the life and times of Madam C.J. Walker to develop a story that is tied to *You Are There 1915: Madam C.J. Walker, Empowering Women* at the Eugene and Marilyn Glick Indiana History Center. Come early on the day of performance to experience the exhibit for no additional cost. A reception follows the performance.

*Last Date of Sales: Feb 17, 2020*

#### **5 Indiana History Center**

Sunday Mar 8 4:00

Fee: \$13

### **How They Linger: People Who Cannot Be Forgotten by Davis**

*Stories of People Who Cannot Be Forgotten* told by Donald Davis. Davis is one of only two storytellers to be featured every year at the National Storytelling Festival in Jonesborough, Tennessee. Donald grew up in the mountains of southern Appalachia, in a world rich with stories. *Smithsonian Magazine* says Davis is 'a master of timing' and has audiences 'hanging on his every word.'

*Last Date of Sales: Mar 23, 2020*

#### **6 Indiana History Center**

Saturday Apr 25 7:00

Fee: \$18



Like us on  
**Facebook**

Facebook.com/OasisIndy

## If These Walls Could Tell: Shrewsbury-Windle House by Homan

Lou Ann Homan presents 'If These Walls Could Tell: Shrewsbury-Windle House in Madison, Indiana'. She has spent at least six months researching the stories of the house, the winner of the Indiana Landmarks' 2019 Cook Cup for Outstanding Restoration. Come hear the stories of the people who lived in this family home as well as those who restored it. A reception follows.

*Last Date of Sales: Jan 20, 2020*

### 7 Indiana Landmarks Center

Sunday Feb 16 4:00

Fee: \$13

## Talk of the Town featuring Bill Lepp

Internationally acclaimed storyteller and fan-favorite Bill Lepp is bringing his tales of Skeeter, Buck-dog and other fascinating characters to our stage once again to tell *Chaos Doesn't Happen on its Own*.

**>>NOTE:** *Talk of the Town* is a highlight of the season, with a dessert buffet, a bar of wine and a selection of beer from St. Joseph's Brewery, as well as a chance to participate in our mission bids to support our outreach programs.

*Last Date of Sales: Mar 9, 2020*

### 9 Indiana History Center

Saturday Apr 4 7:00

Fee: \$33



## New Year, New You

It's great to welcome in 2020 and all of the hopes that come with the thought of a new year. Even if you don't make some resolutions, most of us still look at the new year as a blank slate waiting to be written upon.

Oasis invites you to kick off 2020 with one Oasis exercise session of your choice. This is the perfect time to sample a new class that might fit perfectly into your new year.

Receive a 30-minute massage by Deanna where you will relax and unwind from the everyday stresses. Deanna specializes in relaxation and muscle release.

Complete your day with a delicious healthy smoothie at the Indianapolis Healthplex Courtside Café.

### Class fee includes:

- One Oasis exercise session of your choice at the Indianapolis Healthplex
- 30-minute massage of your choice appointment dates/times for Wednesday, Jan 22–29 12:00–5:00
- Refreshment at the Indianapolis Healthplex Courtside Café

Upon registering you will be contacted to schedule your exercise session and date/time for your massage.

### 632 Indianapolis Healthplex

Massage – Wednesday Jan 22 or 29

Fee: \$55



# Exercise & Wellness

## Dance

### Line Dance

*Bonnie Lawrence*

In this class, you will have fun and get exercise while learning how to move with ease and charm.

#### **596 Indianapolis Healthplex**

Thursday Jan 23–Mar 12 11:00–12:00

No class 1/30, 2/27

Fee: \$48 6 sessions

#### **597 Indianapolis Healthplex**

Thursday Mar 26–May 7 11:00–12:00

Fee: \$56 7 sessions

#### **796 Baxter YMCA**

Tuesday Jan 21–Mar 10 1:00–2:00

No class 1/28, 2/25

Fee: \$48 6 sessions

#### **797 Baxter YMCA**

Tuesday Mar 24–Apr 28 1:00–2:00

Fee: \$48 6 sessions

### Presenting Tap 'Time Steppers'

*Carol Snider, Libby Gipson*

Focus will be on performance and grace as we polish routines to a shine. Must have basic knowledge of dance.

#### **398 Washington Park Center**

Wednesday Jan 22–Mar 11 4:30–6:00

Fee: \$64 8 sessions

#### **399 Washington Park Center**

Wednesday Mar 25–May 6 4:30–6:00

Fee: \$56 7 sessions



## Exercise

### Building Bones – Osteoporosis, Exercise and Education

*NIFS Instructor*

Weight-bearing exercises working the total body using bands and weights. Chair assisted.

#### **802 First Baptist Church Greenwood**

Tuesday Jan 21–Mar 10 10:30–11:30

Fee: \$64 8 sessions

#### **803 First Baptist Church Greenwood**

Tuesday Mar 24–Apr 28 10:30–11:30

Fee: \$48 6 sessions

### Beginning Exercise For All Levels

*NIFS Instructor*

All-around body workout for the beginner or those wanting to have a lower intensity workout. Chairs available.

#### **200 Broad Ripple-Flanner Buchanan**

Monday Jan 27–Mar 9 11:00–11:45

Fee: \$56 7 sessions

#### **201 Broad Ripple-Flanner Buchanan**

Monday Mar 23–May 4 11:00–11:45

Fee: \$56 7 sessions

## Aquatics

A water class is the perfect way to begin or even complement an existing exercise routine. Space is limited! Register today and let's take a dip!

### Aquajoints – Sampler

*Nicole Hagemeyer*

Sample Aquajoints! During this one-session sampler you will tour the JCC pool and changing rooms and 'sample' a water class featuring aquajoints. This is a range-of-motion workout with gentle exercise in shallow water therapy pool. It is heated to 89° F (highest Arthritis Foundation will allow.)

#### **1200 Jewish Community Center**

Thursday Mar 5 10:45–11:45

Free

### Aquajoints Water Aerobics – Arthritis Foundation Aquatics Program at the JCC

*Nicole Hagemeyer*

Join us for a range-of-motion workout with gentle exercise in shallow water therapy pool. It is heated to 89° F (highest Arthritis Foundation will allow).

#### **1201 Jewish Community Center**

Thursday Mar 26–May 7 10:45–11:45

No class 4/9

Fee: \$56 6 sessions



### Aquatics Arthritis at The Healthplex

*Sally Brindle*

Join us for a low intensity class that focuses on stretching, range of motion and endurance. This class is great for anyone with any joint or muscle pains as well as joint replacements or surgery.

#### **612 Indianapolis Healthplex**

Friday Mar 20–Apr 24 10:00–11:00

Fee: \$56 6 sessions

### Aquatics Power Plunge at The Healthplex

*Sally Brindle*

Join us for a fast paced class designed to combine aerobic conditioning with strength training, muscular endurance and flexibility.

#### **613 Indianapolis Healthplex**

Wednesday Apr 1–May 6 9:00–10:00

Fee: \$56 6 sessions



**99 West Main Street, Greenwood, Indiana 46142**  
**317.881.3064 [www.firstbaptistgreenwood.org](http://www.firstbaptistgreenwood.org)**

*Proud to Support Lifelong Learning.*  
 Your Greenwood Oasis Program Location



### Hearing And Health: How Are They Connected?

Valerie Dempsey will explain how our hearing functions, affects our lives and health, and the latest technological options to address hearing loss.

See page 31.

## Cardio Motown

*NIFS Instructor*

Low impact aerobics class that will use the fun and inspiring Motown beats.

### **204 Indy Parks-Broad Ripple Family Center**

Wednesday Jan 22–Mar 11 12:00–12:45

Fee: \$64 8 sessions

### **205 Indy Parks-Broad Ripple Family Center**

Wednesday Mar 25–May 6 12:00–12:45

Fee: \$56 7 sessions

## Chair Pilates

*Theresa Lynn-Combs, NIFS instructor*

A great workout to promote balance and good posture. This class is either seated in a chair or standing.

### **206 Broad Ripple-Flanner Buchanan**

Thursday Jan 23–Mar 12 11:00–12:00

Fee: \$64 8 sessions

### **207 Broad Ripple-Flanner Buchanan**

Thursday Apr 2–May 7 11:00–12:00

Fee: \$48 6 sessions

## Chair Pilates

*NIFS Instructor*

### **406 Washington Park Center**

Monday Jan 27–Mar 9 9:15–10:00

Fee: \$56 7 sessions

### **407 Washington Park Center**

Monday Mar 23–May 4 9:15–10:00

Fee: \$56 7 sessions

### **806 First Baptist Church Greenwood**

Thursday Jan 23–Mar 12 10:45–11:45

Fee: \$64 8 sessions

### **807 First Baptist Church Greenwood**

Thursday Mar 26–May 7 10:45–11:45

Fee: \$56 7 sessions

## Complete Body Workout

*Carole Pefley*

Solid workout that focuses on cardio, core, weights and flexibility. Exercise at your own pace or at an intermediate level. Bring weights to class.

### **808 First Baptist Church Greenwood**

Thursday Jan 23–Mar 12 1:00–2:00

Fee: \$64 8 sessions

### **809 First Baptist Church Greenwood**

Thursday Mar 26–May 7 1:00–2:00

Fee: \$56 7 sessions

## Gentle Chair Yoga

*NIFS Instructor*

This class allows individuals to experience the healing benefits of yoga while sitting in a chair.

### **610 Indianapolis Healthplex**

Wednesday Jan 22–Mar 11 10:45–11:30

Fee: \$64 8 sessions

### **611 Indianapolis Healthplex**

Wednesday Mar 25–May 6 10:45–11:30

Fee: \$56 7 sessions

## Gentle Stretch and Core

*NIFS Instructor*

This class allows individuals to experience the healing benefits of 'yoga-like' movements while sitting in a chair.

### **414 Washington Park Center**

Thursday Jan 23–Mar 12 10:45–11:30

Fee: \$64 8 sessions

### **415 Washington Park Center**

Thursday Mar 26–May 7 10:45–11:30

Fee: \$56 7 sessions

### **Severe Weather**

Any Oasis cancellations due to severe weather will be announced on WISH TV before 9 am in the morning. You may also call Oasis at 317-396-3751 and listen to the voicemail message for details.



## Aging Mastery Program



The Aging Mastery Program (AMP) was created to develop new expectations, norms and pathways for people aged 50 to 100, to make the most of their gift of longevity. Aging has changed remarkably since the last generation entered retirement. AMP encourages aging mastery – developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The 10 core classes combine a peer-supported classroom-like structure with social rewards.

**1315 CICOA**  
8440 Woodfield Crossing Blvd #175  
Indianapolis 46240  
Tues Feb 18 – Apr 21 11:00-12:00  
Free 10 sessions

**1316 Defense Finance and Accounting Services**  
8899 E. 56th St.  
Indianapolis, In 46216  
Mon Mar 2- May 4 11:00 –12:00  
Free 10 sessions

**1317 Jewish Community Center**  
6701 Hoover Road  
Indianapolis 46260  
Wed Mar 25 – Apr 27  
Free 10 sessions

**>>NOTE:** This class is open to the community. Pre-registration is required. Space is limited.

For more information and to register, contact  
AMP Coordinator  
Curtis McManus  
at 317-396-3751 or email  
cmacrph@gmail.com



*National Council on Aging*





## Matter of Balance

*Kirsten Fredericks*

Are you concerned about falls? Interested in improving your balance, flexibility and strength? Then, this class is for you. Attend this award-winning program designed to manage falls and increase activity levels. Learn to view falls as controllable, set goals for increasing activity and make changes to reduce fall risks at home. Practice simple exercises in class and continue on your own to increase strength and balance. This class is underwritten by the Central Indiana Council on Aging.



MANAGING CONCERNS ABOUT FALLS

### **618 Indianapolis Healthplex**

Tuesday Feb 4–Mar 24 12:30–2:30

Free 8 sessions

## Let's Move 20/20/20

*NIFS Instructor*

This beginning exercise features twenty minutes each: cardio, strength training, balance/flexibility. Chair options available.

### **416 Washington Park Center**

Tuesday Jan 21–Mar 10 10:00–11:00

Fee: \$64 8 sessions

### **417 Washington Park Center**

Tuesday Mar 24–Apr 28 10:00–11:00

Fee: \$48 6 sessions

## Muscle Toning

*Theresa Lynn-Combs, NIFS Instructor*

Improve your balance, posture, flexibility and strength. Optional: Bring hand weights.

### **220 Indy Parks-Broad Ripple Family Center**

Wednesday Jan 22–Mar 11 11:00–11:45

Fee: \$64 8 sessions

### **221 Indy Parks-Broad Ripple Family Center**

Wednesday Mar 25–May 6 11:00–11:45

Fee: \$56 7 sessions

## Posture, Balance and Strength

*NIFS Instructor*

This Pilates- and Barre-based workout is a series of body weight and resistance band exercises to strengthen your core, increase flexibility and promote good balance and posture. Emphasis is on spinal and pelvic alignment, breathing to relieve stress and oxygen flow to muscles. This workout includes standing, seated and floor exercises. Please bring a mat. Chair options available.

### **424 Washington Park Center**

Thursday Jan 23–Mar 12 9:30–10:30

Fee: \$64 8 sessions

### **425 Washington Park Center**

Thursday Mar 26–May 7 9:30–10:30

Fee: \$56 7 sessions

## Strength, Balance and Flexibility

*Theresa Lynn-Combs, NIFS Instructor*

Exercises to increase balance, agility, flexibility, coordination and improve posture and body awareness. Resistance bands and body weights (bring light weights, 3-8 lbs). This class will not move to the floor.

### **226 Broad Ripple-Flanner Buchanan**

Monday Jan 27–Mar 9 1:30–2:30

Fee: \$56 7 sessions

### **227 Broad Ripple-Flanner Buchanan**

Monday Mar 23–May 4 1:30–2:30

Fee: \$56 7 sessions

## Strength, Balance and Flexibility

*NIFS Instructor*

### 626 Indianapolis Healthplex

Wednesday Jan 22–Mar 11 9:30–10:30

Fee: \$64 8 sessions

### 627 Indianapolis Healthplex

Wednesday Mar 25–May 6 9:30–10:30

Fee: \$56 7 sessions

## Yoga

*Kim Allen, NIFS Instructor*

Stretching exercises, relaxation, and conscious breathing techniques to build strength, energy and vitality. Bring a mat or blanket.

### 231 Broad Ripple-Flanner Buchanan

Monday Jan 27–Mar 9 12:00–1:15

Fee: \$63 7 sessions

### 232 Broad Ripple-Flanner Buchanan

Monday Mar 23–May 4 12:00–1:15

No class 4/6

Fee: \$54 6 sessions

### 631 Indianapolis Healthplex

Tuesday Jan 21–Mar 10 11:00–12:15

Fee: \$72 8 sessions

### 632 Indianapolis Healthplex

Tuesday Mar 24–Apr 28 11:00–12:15

No class 4/7

Fee: \$45 5 sessions

## Tai Chi for Balance and Fall Prevention

*Carolyn Meeker, Board Certified  
Tai Chi Instructor*

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn a routine developed by Dr. Paul Lam, Tai Chi for Health Institute, which utilizes a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood. Instructor is board certified by the Tai Chi for Health Institute.

### 228 Indy Parks-Broad Ripple Family Center

Wednesday Jan 22–Mar 11 1:00–2:00

Fee: \$72 8 sessions

### 229 Indy Parks-Broad Ripple Family Center

Wednesday Mar 25–May 6 1:00–2:00

Fee: \$63 7 sessions

### 628 Indianapolis Healthplex

Tuesday Jan 21–Mar 10 1:00–2:00

Fee: \$72 8 sessions

### 629 Indianapolis Healthplex

Tuesday Mar 24–Apr 28 1:00–2:00

Fee: \$54 6 sessions

**Give the gift that  
will keep giving all  
throughout the year.**



**A gift certificate to Oasis** opens the door of opportunity to new friends, new adventures and so much more!

For more information call **317-396-3751**.

## Xtra Fit – Bonus Coupon

Extra work-outs for you! Three additional exercise sessions of your choice with the purchase of Xtra Fit bonus. Xtra Fit gives you flexibility to try new or take additional exercise classes.



\* You must be registered as a class participant in at least one exercise class to be eligible to purchase the Xtra Fit bonus. To purchase an additional Xtra Fit Bonus Coupon you must be enrolled in at least two exercise classes. The coupon may not be used for a class that has maximum enrollment. Must be used during trimester spring 2020. Xtra Fit available at Oasis locations.

**8000** Fee: \$27

## WELLNESS

### Aging Well, Staying Younger, Smarter and Fit

Rod Rhoades

New studies are proving how powerful the mind-body-spirit connection is in our well-being as we get older. One of the secrets, as you get older, is to maintain a balance between all three. Come and discuss the science behind these new ideas from an emotional, mental, and spiritual perspective. It's never too late to make small changes that can lead to big benefits. Whether you've hit the "Big 5-0," 60, 70, 80 or beyond, you can improve the quality of life by changing your attitude, beliefs and your self-perception. Think our standard of living and modern medicine are the secrets to living longer? Think again. The U.S. has one of the highest standards of living in the world. We also are one of the most advanced countries in terms of science/engineering, technology and medicine. Yet our longevity and quality of life lags far behind other countries.

Book available with proceeds to Oasis.

#### **535 Indianapolis Healthplex**

Thursday Apr 30 1:00–2:00

Free

### Digestive Health – Gut, Brain Axis and the Foods You Eat

Christina Feroli

Digestive health issues impact everyone at one point or another and you get better quickly. But good digestive health is not so easy for some of us, women especially seem to be impacted more than men. Join me as we explore the topic of digestive health. It's more than you can imagine involving the gut – brain axis and the foods you eat!

#### **234 Broad Ripple-Flanner Buchanan**

Tuesday Mar 10 10:00–11:00

Fee: \$7

#### **434 Washington Park Center**

Monday Mar 16 1:00–2:00

Fee: \$7

### Healthy Food Choices for Women's Health

Deb McClure-Smith

Food choices play a big part in our overall health. Women in particular need to choose wisely to avoid common health issues like diabetes, hormone disruption and thyroid disease among other things. In this class Deb will help you understand which foods are beneficial and which can cause trouble. As always there will be lots of great health tips and time for questions!

#### **236 Jordan YMCA**

Thursday Apr 16 1:00–2:30

Fee: \$18

#### **436 Washington Park Center**

Tuesday Mar 31 1:00–2:30

Fee: \$18

#### **636 Indianapolis Healthplex**

Wednesday Apr 8 1:00–2:30

Fee: \$18

### Nutrition Q & A with a Registered Dietician

Lori Petrie, RD

What are the latest diet trends? Should I fast? What are Paleo and Keto diets? Probiotics and oh so much more. Be prepared with your questions and learn from Lori Petrie, RD as she answers them!

#### **239 Broad Ripple-Flanner Buchanan**

Tuesday Feb 25 10:00–11:00

Fee: \$7

### Plant-Based Diet for Heart Health

Lori Petrie, RD

Discover chocolate, blueberries, oatmeal and other functional foods for a healthy heart.

#### **640 Indianapolis Healthplex**

Thursday Feb 13 10:00–11:00

Fee: \$7

## The Doctor is In

### Is Your Heart in a Flutter? A-Fib & Stroke Risk

*Eric N. Prystowsky, MD*

Join Dr. Prystowsky and learn about A-Fib and stroke risks. Q&A will follow the presentation. He is a practicing cardiologist with St. Vincent Medical Group and Director of the Cardiac Arrhythmia Service, St. Vincent Hospital, Indianapolis. He is also a Consulting Professor of Medicine at Duke University Medical Center.



*Dr. Eric Prystowsky is a graduate of Pennsylvania State University and the Mt. Sinai School of Medicine. He completed his internal medicine training at Mt. Sinai Hospital, New York City, and his training in cardiology and clinical electrophysiology at Duke*

*University Medical Center, Durham, North Carolina.*

#### **235 Broad Ripple-Flanner Buchanan**

Thursday Mar 26 10:00–11:00

Free

### Respiratory Decline from Chronic Obstructive Pulmonary Disease

*Dr. Michael Busk*

Join Dr. Busk as he discusses chronic obstructive pulmonary disease ( COPD ). Chronic inflammatory lung disease causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. Time for Q&A following the presentation.



*Dr. Michael Busk is system executive and medical director of the St. Vincent Health, Wellness and Preventive Care Institute.*

*Dr. Busk cares for individual and corporate clients by assessing their current health risks and providing disease prevention,*

*education, detection, treatment and disease management. He directs the St. Vincent Executive Health Center and the St. Vincent Worksite Health and Wellness Centers. He also serves as principal investigator and director of the St. Vincent American Lung Association–Airway Clinical Research Center.*

#### **635 Indianapolis Healthplex**

Thursday Apr 9 1:00–2:30

Free



### Restoring your Youth, Vitality and General Well Being

*Dr. David McLaughlin*

Join Dr. McLaughlin as he addresses the challenges of aging and offers encouragement in maintaining a healthier life and provides options and explains hormone replacement therapy and more. Find your "personalized" and "individualized" options.



*Over the past 30 years, Dr. McLaughlin's practice has focused on gynecology, with an emphasis on infertility, reproductive surgery and menopausal treatments.*

*Accredited with both OB-GYN and Laser Surgery board*

*certifications, he is a Fellow of the American College of OB-GYN and the American College of Surgeons. He has published two scientific textbooks, multiple scientific articles and has spoken at numerous national and international medical conferences. Dr. McLaughlin is a Charter member of the Society of Reproductive Surgeons.*

#### **242 Broad Ripple-Flanner Buchanan**

Monday Mar 16 1:00–2:00

Free



## Hearing and Health: How Are They Connected?

Valerie L. Dempsey, BC-HIS

Do you know how you hear? Do you know how often you should have a hearing examination? Did you know that there are links between your hearing and dementia, diabetes, kidney disease, cardiovascular disease, depression and so much more? If you don't know the answers to these questions, sign up for this class taught by second-generation hearing instrument specialist, Valerie Dempsey, BC-HIS. She will explain how our hearing functions, affects our lives and health, and the latest technological options to address hearing loss. **>>NOTE:** Hearing screenings will also be provided.

### **238 Broad Ripple-Flanner Buchanan**

Thursday Mar 5 1:00–2:30

Free

### **438 Washington Park Center**

Thursday Mar 12 1:00–2:30

Free

### **638 Indianapolis Healthplex**

Wednesday Mar 25 1:00–2:30

Free

### **838 First Baptist Church Greenwood**

Tuesday Mar 31 1:00–2:30

Free

## Understanding Alzheimer's and Dementia

Maria Holmes, Assoc. Dir. of Community Engagement, Alzheimer's Association Greater Indiana Chapter

In the United States alone, about 13 million women are either living with Alzheimer's or caring for someone who has it. Almost two-thirds of Americans living with Alzheimer's are women and women in their 60s are more than TWICE AS LIKELY to develop Alzheimer's disease as they are to develop breast cancer. Join us for conversation about Alzheimer's and Dementia.

### **244 Broad Ripple-Flanner Buchanan**

Thursday Feb 27 1:00–2:00

Free

### **444 Washington Park Center**

Tuesday Mar 3 1:00–2:00

Free

### **644 Indianapolis Healthplex**

Thursday Feb 20 1:00–2:00

Free

### **844 First Baptist Church Greenwood**

Tuesday Mar 24 1:00–2:00

Free

## Spring Forward!

Daylight saving time 2020 in Indiana will begin at 2:00 AM on **Sunday, March 8**



In Support of OASIS

# Senior Life™

## Indianapolis Edition

Senior Life reaches the total Indianapolis market, including the counties of Marion, Boone, Hamilton, Madison, Hendricks, Morgan, Johnson, Shelby and Hancock. Over 32,000 copies each and every month!

Senior Life is a proud sponsor of OASIS and what it provides our communities!

**TOM KETCHUM**  
317-409-3696  
slindy@the-papers.com  
www.seniorlifepapers.com

Contact Tom to discuss the marketing opportunities we can offer to enhance your business!

*Living Life After 50*

# Travel

## Mystery Trip Day Tour



Spring has arrived! Let's hit the road to explore and discover something new.

**Need a hint?** Beginning in February, check us out on Facebook for a hint or two.

Be sure to Like us!

**Trip #928** Fee: \$156 **Wednesday Mar 25**

**Depart** WP 7:15 **Depart** GI 8:00

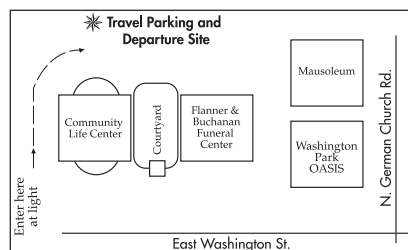
**Return** to Indy 6:00



## Oasis Travel Departure Sites

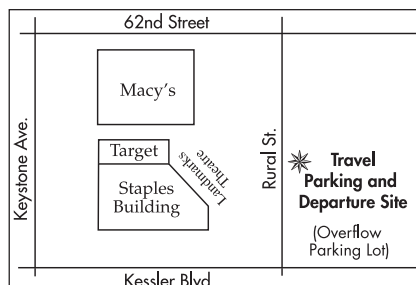
### Washington Park

10800 E. Washington St., 46229



### Glendale

6101 N. Keystone Ave., 46220. East of Rural Street in the overflow parking lot



Tours are identified by level of difficulty:



**Easy** – Tours with “light” to “moderately light” touring – leisurely to moderately paced itinerary.



**Moderate** – A more active tour – extended motorcoach tours and air packages with possible ship and train transportation – must be able to manage one piece of carry-on luggage – must be comfortable walking a reasonable distance with more “off and on” the bus or other modes of transportation – moderate paced itinerary.

Pick-up your free Indy Boomer issue at Oasis.

## LifeStyle Indy

Your Life • Your Style

### TV



#### LifeStyle Indy TV

with Paul Poteet and Julie Patterson every Tuesday at 7:30PM on WFYI. Interesting stories, useful tips and ground-breaking local experiences - we've got it all!

Visit: [LifeStyleIndy.com](http://LifeStyleIndy.com)

### Radio



#### LifeStyle Indy Radio

with Julie Patterson every Saturday at 4:30PM on Freedom 95.9FM / 950AM. Exciting guests, engaging and inspiring stories!

### Magazine



#### LifeStyle Indy Magazine

Grab your free copy at one of the Kroger stores or your digital copy online. Housing, cooking, wellness, fitness and other topics in each magazine!

Connect: [@lstyleindy](https://www.instagram.com/lstyleindy)

In collaboration with Indy Boomer, look for Oasis information in upcoming issues.



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# Meet the Presenters

Read their bios and get to know some of your Oasis presenters being featured in this issue.



*Carol Applegate is a family mediator, registered nurse, and an experienced elder law attorney. The combination of her nursing and legal experience has given her insights into the family challenges faced by many. Her background assists her in providing a more holistic approach when dealing with families in crisis and planning for the future.*



*Pierre Atlas is a Professor of Political Science and Director of The Richard G. Lugar Franciscan Center for Global Studies at Marian University, and he writes a monthly opinion column for the Indianapolis Business Journal.*



*Dr. Michael Busk is system executive and medical director of the St. Vincent Health, Wellness and Preventive Care Institute. Dr. Busk cares for individual and corporate clients by assessing their current health risks and providing disease prevention, education, detection, treatment and disease management.*



*Dr. Fuller's primary research interest is 19th century America, especially the Civil War, Southern history, Indiana history, and Evangelical Protestant Christianity. Professor of History, University of Indianapolis*



*Over the past 30 years, Dr. David McLaughlin's practice has focused on gynecology, with an emphasis on infertility, reproductive surgery and menopausal treatments. Accredited with both OB-GYN and Laser Surgery board certifications, he is a Fellow of the American College of OB-GYN and the American College of Surgeons.*



*Lori Petrie, RD is a graduate of The Ohio State University and the Baylor University Dietetic Internship. She has been a registered dietitian since 1991. Lori provides nutritional counseling for a variety of issues including weight management, sports nutrition, pregnancy, eating disorders, heart health, diabetes, digestive disorders, celiac disease, food allergies and vegetarian diets. Lori serves as the nutritional advisor to the Gluten-Free Indy Group and often speaks to schools, corporations and community groups about the benefits of good nutrition.*



*Dr. Eric Prystowsky is a graduate of Pennsylvania State University and the Mt. Sinai School of Medicine. He completed his internal medicine training at Mt. Sinai Hospital, New York City, and his training in cardiology and clinical electrophysiology at Duke University Medical Center, Durham, North Carolina.*



*Dr. Rodney Rhoades is retired and is Professor Emeritus, Indiana University School of Medicine. He was, until his retirement, department chair of Cellular and Integrative Physiology. He has spent over thirty-five years in medical research and medical education. He has published numerous research papers and physiological reviews. Most recently he authored "Aging Well: Staying Younger, Smarter and Fit" (2018). Book available with proceeds to Oasis.*



*Elaine Voci is the author of eight inspirational books, a life coach, and hosts quarterly Death Cafes in her community. She is a member of the International Women's Writing Guild and has been named in 2018 and 2019 one of the Top Best Life Coaches in Indianapolis by Expertise.com.*



# Create your MyOasis account

At the bottom of the Oasis home page, click on “Create your MyOasis Account.”

Complete the form that pops up.  
(see partial sample below.)

A screenshot of the 'Please create your profile' form on the Oasis website. The form is titled 'Please create your profile' and includes a sub-header: 'A MyOasis profile will enable you to register online for classes and join in volunteer opportunities.' Below this is a section labeled 'BASIC MANDATORY INFORMATION'. The form contains several input fields: 'First name', 'Middle name', 'Last name', 'Nickname', 'Address', 'City', 'State' (a dropdown menu with 'Select an Option'), 'Zip code', 'Oasis City' (a dropdown menu with 'Indianapolis, IN'), 'Birthdate (Day is optional)' (with MM, DD, and YYYY dropdowns), 'Home Phone', 'Mobile phone', and 'Company name'. There are also radio buttons for 'This is a home address' (selected) and 'This is a business address'. At the bottom, there is a question 'How did you hear about oasis (please check all that apply and at least one)' with a checkbox for 'Friends or family'.

**You can take the  
MyOasis – Welcome class  
lead by Barbara Bluiett**

*See page 7 for details!*

# Tribute Gifts

*We are grateful to those who have marked a significant life occasion by making a tribute donation. Tributes listed include donations made from August 9, 2019 through December 8, 2019.*

## In Honor of Mary Dorney

Fort Benjamin Blossoms

Karen Burch

Donna Oklak

Mrs. Adeline K. Yoder

Mr. and Mrs. Rick Pellman

## National News

The Oasis Institute • Spring 2020



### Oasis is a national leader on issues that impact older adults.



**Are you safe online?** Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at [connections.oasisnet.org/techwise](https://connections.oasisnet.org/techwise).



**Are you a caregiver?** Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.



Find out more by contacting Sara Paige at [spaige@oasisnet.org](mailto:spaige@oasisnet.org) or 314.862.2933, ext. 245.

# Oasis Off-site Locations

## **Cake Bake Shop by Gwendolyn Rogers**

799 Hanover Place  
Carmel 46032

## **CICOA**

8440 Woodfield Crossing Blvd. #75  
Indianapolis, IN 46240

## **Denver CBD & Café**

8235 E. 96th Street  
Fishers 46256

## **DFAS (Defense Finance & Accounting Services)**

8899 E. 56th St.  
Indianapolis 46216

## **Garfield Park Conservatory**

2805 Conservatory Drive  
Indianapolis 46203

## **Indiana History Center**

450 W. Ohio Street  
Indianapolis 46202

## **Jewish Community Center**

6701 Hoover Road  
Indianapolis 46260

## **Kurt Vonnegut Museum & Library**

543 Indiana Avenue  
Indianapolis 46202

## **Rick's Cooking School**

11850 Allisonville Road  
Fishers 46038

## **University of Indianapolis**

1400 E. Hanna Avenue  
Indianapolis 46227

## **Westminster Village North**

11050 Presbyterian Drive  
Indianapolis 46236



# Oasis Membership Application

Date \_\_\_\_\_

Name: Mr. Mrs. Ms. \_\_\_\_\_  
FIRST MIDDLE LAST

Home Address \_\_\_\_\_  
STREET

\_\_\_\_\_ CITY STATE ZIP

Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Birthdate \_\_\_\_\_ ☐ Male ☐ Female

Health Insurance Company \_\_\_\_\_

Primary Care Physician \_\_\_\_\_

Hospital of choice \_\_\_\_\_

Person to contact in case of an emergency \_\_\_\_\_

\_\_\_\_\_ ADDRESS TELEPHONE

### **Marital Status**

- ☐ Single
- ☐ Live-in
- ☐ Married
- ☐ Widowed
- ☐ Divorced
- If married, is your spouse a member?
- ☐ Yes ☐ No

### **Race**

- ☐ American Indian or Alaska Native
- ☐ Black or African-American
- ☐ Native Hawaiian or other Pacific Islander
- ☐ Asian
- ☐ Hispanic or Latino
- ☐ White

### **Education**

- ☐ Some High School
- ☐ High School Graduate or GED
- ☐ Some College
- ☐ College Graduate
- ☐ Some Post Graduate Study
- ☐ Graduate Degree

### **Household Income Level (optional)**

- ☐ \$0 – 24,999
- ☐ \$25,000 – 49,999
- ☐ \$50,000 – 99,999
- ☐ \$100,000 +

Return completed Oasis membership form to:

Washington Park Center; 10800 East Washington Street; Indianapolis, IN 46229

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# Mail-in Registration Form – Waiver and Receipt

**Complete this form  
and mail to:**

**Washington Park Center  
10800 E. Washington St.  
Indianapolis, IN 46229**

**Mark envelope:**

**Attention: Oasis Mail-in**

Oasis takes your privacy seriously. We do not share or disclose your data (name, email, phone number or other sensitive information) with any third parties.



**Please read guidelines on back of form before filling out - Please Print.**

**If you have any questions** about registration or filling out the form, visit us on the Internet at **www.OasisIndy.org** or call us at **317-396-3751**.

I certify that I have read the waiver and release of liability consent form, understand its content, and that I voluntarily sign below indicating my understanding and willingness to participate in this program AT MY OWN RISK.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

☐ Check here to opt in and continue to receive Oasis updates by email.

Class/ Trip #	Class/Trip Title	Location	# of Performing Art Tickets	Fee

**There are NO refunds for events and performances. Class fees are nonrefundable unless Oasis cancels the class. See page 1 for details.**

☐ Check



☐



☐



Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_



Fees	
Tax Deductible Donation	
Subtotal	
Less Voucher if applicable	( - )
<b>Total Amount</b>	



**Don't Forget...**

- ✓ If using a credit card, include number and expiration date.
- ✓ Send a self-addressed, stamped envelope or current email address.

**Make checks payable to Oasis**

## Classes Offered at Oasis/Events/Performances/Trips

(Please complete registration form and remember to include your payment, updated email address and/or self-addressed envelope before mailing.)

### Mail-in Registration Guidelines

1. You must be an Oasis member to register.
2. **Please make a copy of this two-sided form to register for second member or to add classes at a later date.**
3. Mail-in registrations will be processed by date received, prior to the first week of classes and continue to be processed throughout the trimester.
4. Oasis accepts the following forms of payment: Check, VISA, MasterCard and Discover.
5. Attach any vouchers to this form and subtract amount in appropriate area on the front of the form.
6. Sign Oasis Waiver where signature is indicated on front top of this registration form. **Waiver must be signed for registration to be accepted.**
7. This form is an **application for enrollment** and does not guarantee enrollment. If you are placed on the wait list your class fee will be refunded.
8. Confirmation letter will be mailed when you include a self-addressed, stamped envelope or sent via email with a current email address.
9. Mail registration form to **Washington Park Oasis 10800 East Washington Street, Indianapolis IN 46229 - ATTENTION Oasis Mail-in.**
10. Please consider including a tax-deductible Round Up donation to your total fee to help defray instructor fees and program costs. Note your gift in the appropriate area on the front of the form.

### Accident Waiver and Release of Liability

In consideration of allowing my participation in this program, I hereby take this action for myself, my executors, administrators, heirs, next of kin, successors, and assignees and I waive, release, discharge, indemnify and hold harmless Oasis, their directors, officers, employees, volunteers, representatives, and agents, and all other sponsors, supporters, and persons acting for and on behalf of such entities from any and all liability or claim of any nature including, but not limited to, claims of property theft or damage, personal injury, death, or disability from or as a result of my participation in this program.

I certify that I have not been advised by any qualified medical person that I am not physically fit for participation in this program. I further agree that I am participating in this program AT MY OWN RISK.

### Consent To Photograph, Record and/or Illustrate

I consent to photographing, recording and/or illustration of my person for the use of Oasis to print or publish in its own publications or release to the news media.

### Member Conduct and Refund Policy

I understand that the Oasis mailing list may be used by Oasis for educational mailings. I also understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff.

I understand that all class fees are nonrefundable unless the vacancy is filled from a wait list. There are no refunds for tickets purchased for events and performances or for the trimester registration fee. Oasis cannot transfer class fees to other classes, members or Oasis centers. See catalog for details.



# Celebrating Women

This year, Oasis celebrates the 100th anniversary of when women became full citizens, a milestone both in the women's movement and in American democracy. Join Oasis as we discover and explore topics with a woman in mind. Join us for history, stories of perseverance, nutrition, caregiving, fitness, health and more.

The Physician: Civil War Nurse Susie King Taylor . . . . .	pg. 11
Voices of the 21st Century: Bold, Brave and Brilliant Women Making A Difference. . . . .	pg. 12
Do it Your Way – Take Charge of Your Future . . . . .	pg. 13
The Doctor Is In: Restoring your Youth, Vitality and General Well Being . . . . .	pg. 30
Healthy Food Choices for Women's Health. . . . .	pg. 29
Understanding Alzheimer's and Dementia . . . . .	pg. 31
The Urgency of Civil Conversations . . . . .	pg. 12
New Year, New You. . . . .	pg. 22

*“Self-care is essential  
for us all, but looks  
different from person  
to person. We are all  
individuals with  
different preferences.”*

*Jo Ritchie*



10800 East Washington Street  
Indianapolis, Indiana 46229

Visit us at: [www.OasisIndy.org](http://www.OasisIndy.org)



[Facebook.com/OasisIndy](https://www.facebook.com/OasisIndy)

[Twitter.com/OasisIndy](https://twitter.com/OasisIndy)

A close-up photograph of a vintage typewriter. The focus is on the carriage and the keys. The text "Goodbye Registration Fee!" is printed in a bold, black, serif font across the center of the image, appearing as if it has just been typed. The typewriter is black and silver, with yellow accents on the side.

**Goodbye Registration Fee!**

Say goodbye to the registration fees and hello to easier registration and transparent class fees!

This spring catalog is packed with class opportunities and exciting programs.

**Check us out on the web at [Oasisindy.org](http://Oasisindy.org)**

See our new look and stay tuned for more details about new membership options coming in 2020.



Opportunities for Older Adults to Learn, Grow and Connect